

2018 Group Fitness Schedule

Classes and times are subject to change without prior notice

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2:00- Relentless HIIT w/ Anthony	6:00a- Bootcamp w/ Chris	9:30a - Cardio Kickbox w/Leah	6:00a- Bootcamp w/ Chris	9:30a - Zumba w/Katrina	6:00a- Bootcamp w/ Chris	9:00a - Zumba w/ Laura
3:00p- Yoga w/ Christin	8:15a - Yoga w/ Delane	10:30a - Pound w/ Katrina	9:30a - Sculpt & Core w/Anthony	10:30a- Xpress Pump(30min) w/Chris	9:30a Xtreme Cond. w/Leah	10:00a - Body sculpting w/ Kamara
	9:15a - Bootcamp w/ Leah	11:30a- Silver Sneakers w/CG	10:30a- Zumba w/Jessica	11:30a- Silver Sneakers w/ Leah	10:30a- Zumba w/Christin	11:00a - Tae Kwon Do (fee)
	10:30a - Zumba w/Katrina	5:30p - Bootcamp w/Kamara	5:30p- Sculpt & Core w/Stephanie	5:30p -Pound w/Katrina	11:30a- Yoga w/ Delane	
	5:30p - Zumba w/Shannon	6:30p - Zumba w/ Salonia	6:30p - Glutes, Guns and Guts "3G's" w/Kamara	6:30p - Zumba w/Laura M.	5:30p - Zumba w/ Lucinda	
	6:30p - Piyo w/ Laura					

Hours of Operation:

Mon - Thurs	5:00am-10:00pm
Fri	5:00am-8:00pm
Sat	8:00am-5:00pm
Sun	12:00pm-5:00pm

Phone: 919.381.5388

Child Care Hours:

Mon. - Thur.	9:00 am - 12:00 pm 3:00 pm - 7:30 pm
Fri.	9:00 am - 12:00 pm 3:00 pm - 7:30 pm
Sat.	9:00 am - 12:00 pm
Sun.	1:00pm - 4:00pm

Keep up to date by downloading the **VF App**